

**GOVERNOR'S 3RD ANNUAL EMPOWERMENT CONFERENCE
AUGUST 20, 2007**

WORKSHOP DESCRIPTIONS

How Government Works – How to Work Government

Secretary of State Trey Grayson



Federal, state and local governments provide a variety of services to their constituents, and each serves a unique role. Knowing the functions and responsibilities of each level of government, as well as the politics and personalities involved in the decision-making process, is essential to obtaining favorable legislation or funding for yourself, your community or your organization.

Rise Up and Take Action for a Healthier Tomorrow: Women Coming Together for Health Sake

Dr. Regina R. Washington



This workshop will bring together women of different cultures to discuss health issues and community resources. Topics include: bringing preventive health care to low-income, uninsured women of color, low utilization of health care services by Hispanic women with pregnancy related diabetes; helping at-risk women have healthy babies; improving health outcomes through patient centered care; overcoming the barriers to quality care for women of color; and impacts of lay health workers and minority health disparities.

Ready, Set, Own: Create Your Fortune through Business Ownership

Phil Wilkins, CDP



This program will help the attendee with the following: develop and penetrate their niche markets, leverage diversity to grow their business, explore strategies for connecting to clients on an emotional level and provide strategies for adding value that separates you from your competition.

The Economic Impact of Homeownership

D. McGinnis Mitchell



The most effective way to create wealth for you and your family is through homeownership. However, the percentage of minorities in the United States, and especially in the Commonwealth of Kentucky, who own their own home is very discouraging. In this interactive workshop, we'll explore how the simple, yet powerful act of minority homeownership serves as the basis for a strong family, community and Commonwealth.

Bluegrass Griots: The Role of Artists & Poets as Community Historians & Keepers of the Culture.

Frank X. Walker



Photo by Tracy A. Hawkins

Using the African paradigm of the Griot, this workshop will reveal how the community's creative trust can play a vital role in visioning and shaping the community. Utilizing a lecture format that integrates poetry influenced by Kentucky's rich history and continually broadening demographics, the workshop will illustrate the importance of defining one's self vs. letting negative and narrow stereotypes of people in the region exist unchallenged.

Empowering Kentucky's Minority Men for Optimal Health

Dr. Adewale Troutman, MD, MPH, MA



Many common health issues in Kentucky are often more acute in minority men than in non-minority men. This workshop will address issues of health and healthcare, access to care, the role of faith and health equity.

Individuals or members of organizations that work with men are encouraged to attend and actively participate in the workshop. Dr. Troutman's vast experience and knowledge will empower participants to better care for themselves, their loved ones or the individuals they work with.

Parents and Guardians as CEO: Chief Educational Officer

Patricia S. Kusimo, PhD



If you're a parent/guardian of a school aged child, I've got a question for you, how involved are you in your child's education? Your involvement is linked to your child's success or failure in school and life. Do you have a vision of what you want your child to achieve by age 22? How will that vision become a reality?

A CEO parent or guardian has learned to make decisions and take actions that ensure good outcomes: positive attitudes, proper behaviors, and good grades! You can maximize your child's abilities, opportunities, and performance by making the right choices and challenging the status quo. Learn how to become a CEO parent or guardian.

Purpose of Living Well & Working Well: Mind, Body & Spirit

Christy Brooks, MSSW, CSW



The goal is to enhance participant awareness about wellness and how they can apply it to their lives by focusing on our program objectives: physical activity, nutrition, stress management and smoking.

Wellness is more than a choice; it is a lifestyle. It takes personal commitment and courage to make a lifestyle change. This workshop will provide stats on Kentucky's health status in order to enlighten, empower and motivate participants to choose a healthy lifestyle.

Participants will be given interactive activities so that they can become self aware and motivated.

It is anticipated that the participants will leave the workshop with a better understanding about being in control of their life and taking the lead as the director, author, performer and designer. Optimal living is an attainable goal as long as you have perseverance and commitment. Participants will be given instruction on how to replace voices of doubt and doom with confidence and determination.

Wellness can and will impact your overall well-being: mind, body and spirit. This presentation will allow participants to make a connection to wellness in order to live their best life.

Cultivando la Salud: Addressing Cancer Health Disparities

Rachelle E Seger



Kentucky Cancer Program (KCP) has a longstanding commitment to implementing evidence-based cancer education programs for Kentucky populations at high risk for the disease due to genetic, social and/or economic factors. Among the many programs KCP provides for high-risk groups are: the Kentucky African Americans Against Cancer a Louisville-based coalition that is part of the National Cancer Institute's National Black Leadership Initiative on Cancer to reduce racial and ethnic related disparities; The Harriett B. Porter Cancer Education and Research Endowment, established in 2005, to support research and help promote prevention and screening among African Americans in Louisville; and Cultivando la Salud, a science-based breast and cervical cancer education program for Spanish-speaking women developed by the National Center for Farm Worker Health.

The workshop will focus on a description and discussion of Cultivando la Salud, a program utilizing bilingual community health educators.

This model program has been proven successful in increasing mammography and Pap test screening in the farm worker community and is replicated in other Hispanic/Latina communities to reach rarely and never screened women. The KCP community health educators are trained to provide culturally appropriate cancer education programs and patient navigation in an effort to address the many barriers to women's cancer screening.